

VOICE ^{OF} THE RESIDENTS

VOL. XIX, NO. 2

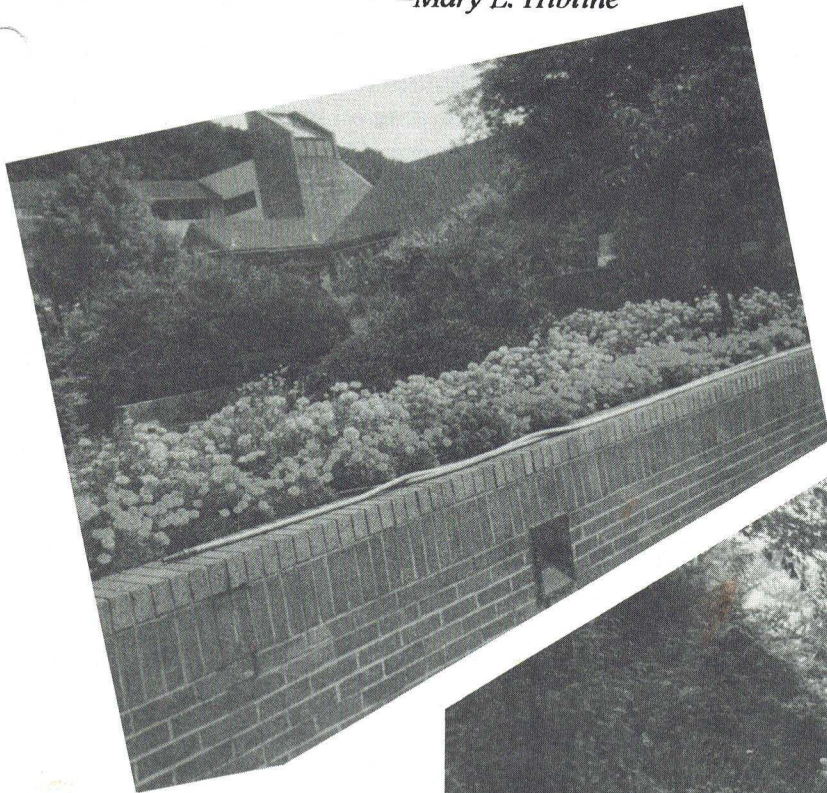
BROADMEAD, COCKEYSVILLE, MARYLAND

OCTOBER, 1997

As ye sow, so shall ye reap . . .

Many folks worked very hard on May 14, 1997, participating in the placement of small plants for Beautification Day. Their efforts have surely been rewarding, as seen in our lovely gardens. Residents have not only enjoyed watching their plants produce beautiful blossoms but also have enjoyed these blooms in arrangements around the Center. These same Residents watered and weeded the gardens throughout the drought and heat of summer. So, this year's Beautification Day has proved to be another success! Shall we have one on May 13, 1998? The pictures say we should. Happy memories.

—Mary L. Hibline



In Memoriam

MIRIAM G. FRISCH
February 2, 1906 -- August 27, 1997

ELIZABETH W. OBER
June 19, 1922 -- September 3, 1997

MARY ROSS FLOWERS
May 4, 1908 -- September 8, 1997

ANN R. BEELER
August 17, 1912 -- September 18, 1997

VIRGINIA R. TINLEY
April 24, 1918 -- September 18, 1997

VESPERS

Elsa Lundgren, *Chairman*

4:30--5:00 p.m.

in the Lounge

+

Sunday, October 19, 1997

+

Everyone welcome.

CONCERTS IN THE LOUNGE

Residents Association Music Committee

Philip Schnering, *Chairman*

Sunday, October 12, 2:00 p.m. [a new time]

JOHN GOODELL, *Pianist*

*(Mr. Goodell is a son-in-law of our
fellow-Resident, Erna Schirokauer.)*

✧ ✧ ✧

CAMERA CLUB OCTOBER DATE

FRIDAY, OCTOBER 10

at 10:30 a.m. in the Lower Lounge

Kitty Ann Cover's experiences in Ireland

(Bring travel shots you'd like the Club to evaluate.)

Broadmead on the Move . . .

by Patricia A. I. R. Rodak

Margaret Barall	from Q-2 to T-302
George Downs	from Taylor to Hallowell
Adda Gilbert	from Q-2 to T-305
Mimi Moore	from R-3 to D-6
Martha Patrick	from T-310 to Hallowell
Maxwell Sauerwein	from A-13 to T-362
Harry Schneider	from T-362 to S-308
Roland Shackford	from D-6 to T-359
Ralph White	from J-11 to T-310

Newly Arrived:

Shirley Richards	F-12 - 410-527-1980
Jane Zouck	B-18 - 410-771-9166

PIRATES *still at Broadmead*

On Thursday, October 9th, our somewhat altered version of the *Pirates of Penzance* will appear on stage in the Auditorium at 2:00 p.m.

So mark the date on your calendar. Come and see us on Thursday, October the ninth

BUT NOT UNTIL 1:15 P.M.

The Auditorium will NOT open for seating until then.



HEALTH EDUCATION COMMITTEE

Kitty Cover and Ruth Schnering, Co-Chairs

Tuesday, October 14, 10:30 a.m., Auditorium

"Understanding Depression"

ROBERT ROCA, M.D.

Director of Geriatric Services

Sheppard Pratt Health System

KAREN JAMES, LCSW-C

Director of Social Work

Broadmead

ADVENTURES IN LEARNING

by Dorothy L. Clapp, *Chairman*

Adventures in Learning will offer the third of three lectures by Bodie Ottesen of the Baltimore Museum of Art on "The Grand Design"—The Victoria and Albert exhibition on Wednesday, October 1, at 10:30 a.m. until noon in the auditorium

There will be a field trip to view the exhibit at the Baltimore Museum of Art on Wednesday, the 15th. Watch for sign-up sheet on the bulletin board.

* * *

Let's Dance!

It's October—The Band Plays On!

Eddie Slaughter, *Chairman*

Dances held on the **SECOND** Monday of the month.
Everyone welcome; dance, or just enjoy the music.

7:00 P.M. in the Lounge
MONDAY, OCTOBER 13th

Let's Sing!

with HARRY JONES

Thursday, October 16th, 7:00 p.m.

Mary Lou Moon at the piano

Come. Lift your voices in song!

* * *

SATURDAY PROGRAM OFFERINGS

by Charles Hobelmann, *Chairman*
General Program Committee

Saturday, October 4, 7:15 p.m.

WILLIAM and SUE WILLS

Presidents and their First Ladies:

Harry and Bess Truman

Saturday, October 18, 7:15 p.m.

SUE SCHMIDT

The Older The Bolder

Saturday, November 1, 7:15 p.m.

CLAIRE WITTLER ECKELS

Love, Nudes, and Naughty Art

SATURDAY NIGHT MOVIES

THE SPIRIT OF PEACE

October 11 in the Auditorium

Documentary based on the life of Mildred Norman, who was known as Peace Pilgrim and who walked in the United States, Canada, and Mexico for nearly 30 years, sharing her message of world and inner peace. This movie tells of her pilgrimages, with her own words and through interviews with people who knew her and were inspired by her message. 71 minutes.

CIAO, PROFESSORE

October 25 in the Auditorium

Italian, with English subtitles. 1992 91 min. ***
A middle-aged elementary school teacher is mistakenly transferred from a school in an upper-class section of Italy to a rundown school in a decaying town near Naples. Both he and the students learn a lot from each other. It is a sweet movie with some lovable characters. Directed by Lina Wertmuller.



Open Forum . . .

by Nydia Finch

Thursday, October 9, at 10:30 a.m.

European Unification

MARK NOLAND

Senior Researcher, Institute for
International Economics.

* * *

Thursday, October 16, at 10:30 a.m.

China: Whence and Whither?

CONRAD SCHIROKAUER

Senior Scholar, Columbia University

* * *

Thursday, October 23, at 10:30 a.m.

The United States Supreme Court

CHARLES NEAL

Political Science Department
Western Maryland College

MOVIES ON TUESDAYS AT SEVEN

by Jeanne Stephenson, *Chairman*

10/7 THE THIN MAN 1934 93 min. ****

William Powell, Myrna Loy, Maureen O'Sullivan, Nat Pendleton. Nick and Nora, aided by their dog, Asta, investigate the death of an inventor. Sophisticated comedy-mystery par excellence; inspired five sequels.

10/14 THE ENGLISH PATIENT 1996 162 min. ***+

Ralph Fiennes, Juliette Binoche, William Dafoe, Kristin Scott Thomas, Colin Firth. Adaptation of Michael Ondaatje's novel about a man badly burned in a WWII plane crash in the African desert, and a Canadian nurse who tends to him in an abandoned monastery in Italy. Scott Thomas and Fiennes are perfectly matched as two people thrown together by chance. Winner of nine Oscars.

10/21 THE PAPER CHASE 1973 111 min. ***+

Timothy Bottoms, Lindsay Wagner, John Houseman Drama about pressures of a freshman year at Harvard Law School. Bottoms' obsession with tyrannical Professor Kingsfield [Houseman] becomes more complicated when he discovers that the girl he has fallen in love with is Kingsfield's daughter. Adapted from novel by John Jay Osborn, Jr.

10/28 JULIA 1977 118 min. ****

Jane Fonda, Vanessa Redgrave, Jason Robards, Hal Holbrook, Meryl Streep. Fonda plays Lillian Hellman in an adaptation of author's story in *Pentimento* about her exuberant friend Julia, who draws Hellman into involvement with European resistance movement in the 1930s. Robards and Redgrave won Oscars.

Scary Dietary Revisited

Skin the chicken, skim the milk,
Don't eat liver or its ilk,
Good red meat is not the answer,
Too much beef risks colon cancer;
Eggs and butter, once so good,
Now among the no-no food.
"How about some fish?" you say,
Stop! ... pollution in the Bay.

—Louis Hamburger

THE MUSIC PROGRAM AT BROADMEAD

by Philip Schnering

Chairman, Music Committee



The Music Committee makes efforts to bring world-class artists here. One has recorded with the London Symphony; another has won many international competitions; one is a faculty member at the Peabody; Hilary Hahn, who has played here several times, will be a featured soloist with the Baltimore Symphony Orchestra next June; one is a principal chair of that orchestra; one played with The Academy of St. Martin-in-the-Fields.

Professional artists must be compensated, and the Residents Association provides the Music Committee with a budget of \$3,900 a year. Some artists perform for us at reduced fees or at no cost in appreciation of the fine audience we provide. Many use their concerts here as "dress rehearsals" for planned tours. The Peggy & Yale Gordon Trust has funded some concerts featuring artists who were winners in competitions sponsored by that Trust.

Suggestions from Residents are most welcome. Likewise, programs sponsored by Residents on special occasions are always appreciated.



TIME out!

(So are NEWSWEEK and U.S.NEWS)

The Broadmead Library has not been receiving multiple copies of these standbys recently. "I know that!" you say as you toss out the earlier issues.

Instead, please drop your surplus magazines in the "Gift Box" in the library at the Center.

—Marjorie Jones

TRAIL COMMITTEE MEETING

Tuesday, October 14, 1:30 p.m.

Lower Level Lounge

The Trail Committee invites any interested people to attend our meeting and become active members.

* * *

Calling All Writers

Lynn Buck

Do you have stories to tell? Poems to put into words? A memoir to record? If so, heed that creative urge! The Broadmead Writers Group invites you to attend our weekly workshops on Friday afternoons from 3:30 to 5:15 in the Lower Level Lounge. Newcomers welcome.

We are a peer group, all in the process of improving our skills. Any genre--fiction, poetry, personal essays, letters--you name

We try to allow time for each person to read something, followed by a brief discussion. If someone prefers not to read at any particular meeting, that's all right. Either way, it's fun!

Vanishing Videos . . .

Now you see it; now you don't!

An unusually large number of videotaped programs (movies, travelogues, or other popular titles) are missing from the Broadmead Residents' collection filed in the Residents' office cabinet. They are easy to borrow -- and also easy to forget.

PLEASE CHECK YOUR SHELVES. We want everyone to have an opportunity to see all that we have.

Putting in an Appearance

are fourteen (14) new videos donated by TOM and ELEANOR REQUARD, and now available for our residents to enjoy. Many of these are travel, and you can take trips right in the comfort of your apartment. *Thank you, Tom and Eleanor!*

—Walt Lane A-9

DOC IN A BOX

—John B. De Hoff, M.D.
Health Care Education Subcommittee

The next step...

Walking is the quintessential exercise. It benefits each of us long-time ambulators whether we do it vigorously or casually, daily or occasionally, inside or outside, with or without a companion.

In cheery weather, the perimeter road beckons, in rainy times the covered walkways offer diversified routes, and always the outdoor sidewalks or indoors corridors welcome us. Two treadmills in the exercise room cater to more dedicated walkers.

Depending on the direction you circle the perimeter road, its measured mile is 53 feet shorter or longer. But you needn't to go the entire route. You can walk it in sections that your choices of entry or leaving determine. Go north by the woods and the nature trail. Go south, and look over the great wet lands. Rest awhile on one of the roadside's many benches, enjoy the varied views, greet passers-by, or read a book or the morning's paper. But do use caution when stepping over curbs and always look both ways before crossing the road.

Our covered walkways offer many and varied routes to walk for exercise or recreation. One can enjoy the residents' attractive flower garden displays in each cluster, check out colorful doorways at holiday times, or examine artistic displays in the bay windows. When you are properly clothed to protect against gusts of rain or puddles, walkway walking even in wet weather can be quite pleasant.

Sidewalks near the upper entries to Stony Run or the main administration building, and also the interior corridors, provide more protected short walks. Easily accessed, one can walk them repeatedly, always using caution when turning around. Think of each circuit as helping keep your muscles stronger, posture straight, and gait more vigorous.

Treadmills, the electric walking equipment in the exercise room, are easily adjusted to comfortable speeds. One can select inclinations that simulate walking up hill, should level walking become boring. Walking the treadmills is always available, easily measurable, nicely metered, and suited to "serious walkers." However, do check out the machines before you use them the first time. Seek instructions in their operations. Always use care in getting on or off the moving belt.

Broadmead's walkways beckon. Their invitations are always open. Make up your mind to see what you may have missed on our country estate.

BLUEBIRDS, TREE SWALLOWS FLOURISH

Success Story with Four Tales



Despite the loss of three bluebird nestlings to house sparrow attack and eviction from their nest box, this was the most productive year for bluebirds since our boxes were erected 17 years ago. And it was the next-to-best year for tree swallows, which have occupied companion boxes for nine years.

This year, a total of 16 Eastern Bluebirds and 20 Tree Swallows were banded and fledged from eight boxes, paired on four sites. Five adult tree swallows, found inside the boxes, were also banded. (*Please note: birds are not hurt nor unduly disturbed by banding or handling, if done at designated times.*)

A TALE OF TWO NEST BOXES. House (English) sparrows are the prime nemeses of nest box occupants. Their tactics are multiple. In this case, a brood of four nestlings seven days old, were ejected from their box. After an undetermined length of time, they were found on the ground, three still alive. Because of the continuing threat and the seeming inability of the parents to defend or feed their young, it was deemed best to bring them to the cluster to be fed every 20 minutes during daylight, until we could find a nest box with a brood of similar age or stage where they could be raised by foster parents.

Baby birds learn quickly to respond to human whistles and raise their large, heavy heads on spindly necks which sway on wobbly bodies, and open wide their mouths to gulp down bits of food. Conversely, humans learn to respond to their demanding peeps. (Best diet: mealworms! canned puppy food, hard-boiled egg yolk, no milk). Their nest was a pint berry box, lined with tissues. At night it was placed in a spare nest box which we hung on the wall outside.

After a four-day search by phone, a brood was found on a *bluebird trail* at Oregon Ridge Park, two miles away, and a transfer was made. Their foster parents and juvenile *helpers at the nest* from earlier nestings adopted them, but had twice as many bills to fill. Ours were two days older but not as strong, and two died. But it seemed like a fairy tale ending when the Oregon Ridge monitors reported that *our sole survivor had fledged with its foster siblings!*

A TALE WITH A TWIST. Tree swallows are feistier than bluebirds and usually have no problems, but human vandals demolished one box of a pair, both of

which contained tree swallow eggs. They bent its galvanized pole and dumped everything 100' away on the south lawn by York road. We opened the remaining box.. Surprise! Three adult tree swallows were crowded inside! With one box gone, the two sets of parents naturally claimed the only available box. The tale becomes a mystery: who and where was the fourth? We banded them and quickly erected another box, but only one pair remained.

Banding nestlings began here in 1988, but efforts to band *adults* found in nest boxes were initiated last year when we joined the Cornell Laboratory of Ornithology's Nest Box Study. And thereby hangs another tale.

A HOMECOMING TALE. This year a *banded female bluebird* was incubating a clutch of eggs. Our banding records revealed a three year history. Not only had she raised and fledged a brood of youngsters on that same site a year ago, but she herself had been born, raised and banded there the year before that! Will she return next summer? Quite likely, as bluebirds tend to over-winter in the mid-Atlantic region.

Tree swallows, however, migrate to the southern United States and Central America for the winter, a has been learned from recoveries, live and dead. A preliminary report from a Cornell dispersal study in New York state showed that a few banded tree swallows returned to within 10 miles of their natal nests and that the farthest away was 47 miles. Will any of ours be found? Wait and see.

A TALE OF FEATHERS. Four experimental protocols comprise the Nest Box Study and will be launched continent-wide next year. One addresses tree swallows' use of feathers in their nests. Usually brought from chicken yards and such, they are soft, gently curving, contour feathers. Placed on top of a grass base, seven or more feathers may arch over the eggs or nestlings, forming a cup or globe. After the birds leave, the base is hard and compressed to only an inch or so and there are small feathers worked into it. We wondered how many. So we broke up the bases of three tree swallow nests and counted every feather. The totals? 50, 81, and 98!

Six Residents help me monitor our nest boxes, observing, keeping records, trouble-shooting and more. They deserve thanks from all of us for their constancy, work, and for promoting *natural* insecticides: BLUEBIRDS AND TREE SWALLOWS.

-- Nancy Rowe

The Colors of Autumn

Rob Keller, Maintenance Department

Fall is here, and with it comes the spectacular seasonal color display staged by deciduous trees as they prepare for winter.

The bright colors of leaves express chemical events trees use to make food and new wood. Sugars form first, then they are carried down the stems into the tree itself, where sugars eventually become fiber called cellulose. Cellulose is the "woody" material which supports the tree.

Several chemical processes must be at work determining leaf color and its intensity; long before environmental and physiological conditions induce the visual change.

Photosynthesis, which is the food-making process of the leaf, utilizes sunlight and the green pigment chlorophyll to produce sugars. This green pigment is unstable and is constantly being made and broken down. During the growing season, chlorophyll masks the presence of two yellow pigments, carotene and xanthophyll, which start being manufactured as the leaf unfolds. Unlike chlorophyll, they stay in the leaves until leaves turn brown and fall.

The red pigments, called anthocyanins, are not synthesized until late in the season. Anthocyanins depend upon high sugar and tannin concentrations in the leaf, combined with bright sunny days and cool nights, with temperatures between 32 degrees and 45 degrees Fahrenheit. The red pigments are water-soluble and are located in the upper cell layer of the leaf, thus obscuring either partially or completely the yellows, depending on the concentration.

Most of us believe the color change is produced by early fall frosts, but in fact the combination of bright days and cool nights sets the change in motion. This results in the beautiful shades of autumn.

In September, there are approximately three hours less of sunlight, and the sun's rays hit the leaf's surface at more of an angle. More light is reflected than is absorbed. Photosynthesis reduces, and less chlorophyll is synthesized. The unstable green pigment breaks down and the underlying yellow pigments are revealed. A combination of shorter days and cooler nights triggers another phenomenon. This is the formation of a thin wall of cork-like material at the junction of the leaf stem and the twig, shutting off

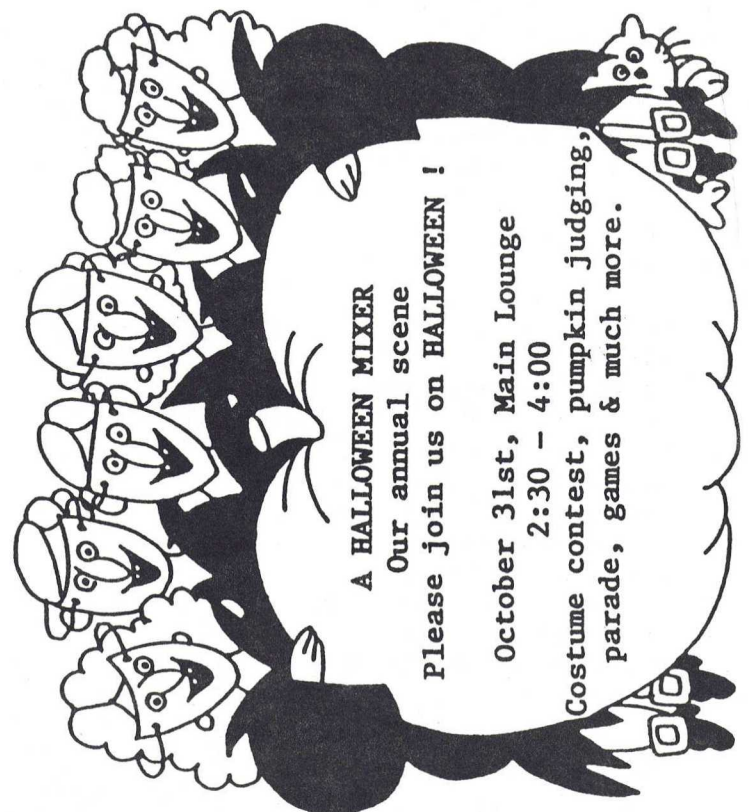
flow of fluids, and bringing to a halt further sugar and chlorophyll production. Unless anthocyanins (red pigments) are present, the leaf will appear yellow. The cork-like material sheds the leaf and it falls.

Bright shades of red will predominate in some species, but if the days have been sufficiently bright to produce large quantities of sugar, and the nights cool enough to trap it within the leaf, intermediate hues of yellow and red represent a blending of carotene, xanthophyll and the anthocyanins.

One finds it hard to believe that the brilliance of color is in the leaf long before autumn arrives, hiding behind a mask of green.

Color is made up of different waves of light. We are bathed in visible light, of course. But there are far more kinds of radiation constantly playing around us, day and night. Some of these rays are necessary to our existence; others pose direct threats to us; still others make possible radio and television transmission.

More about light, color, and other radiant things will appear in a subsequent issue of the *Voice*—and more about our friends, the trees, too.



Intimations of Fall

Along the highway, in our quadrangles, and on the ridge, trees are beginning to show early tinges of yellow. Walking Perimeter Road, I see the first scarlet leaves on a vine close to the ground, perhaps poison ivy. Daylight hours have noticeably shortened. Goldenrod, sometimes a single spear, sometimes a mass of stalks and flowers, shines on the hillside. Out York Road, sky-blue chicory blooms in contrast.

My spies tell me that jack-in-the-pulpit berries are plentiful on the Trail. So are the inkberries hanging in clusters on weedy sprays that grow by Perimeter Road. It's time to look for fruits and seeds.

Some flowers, like dandelions earlier, "their white-winged seeds are sowing" to blow lightly away on the air. Some, like butterfly weed near my front door, now have pods that will open to let each seed-bearing bit of fluff float off. Mayapples earn their names at this time. Some people eat the little round fruit that replaces their spring blossoms.

If you have not kept your garden free of them, even your weeds are going to seed to plague you next year. Fall grasses not cut down by mowers have been scattering their seeds for weeks. On Dogwood Trail, squirrels are finding nuts. All this ripening and fruiting follows a pattern we know well. It's October, time to savor one last surge of color on the hill, even as we plant bulbs in our gardens for next year's color.

—Sarah Cooper

VOICE of the RESIDENTS

Volume XIX, Number 2

October, 1997

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